

## St.John's PE Provision 2025 - 2026 v4

Class	Lesson	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Lesson 1	Autumn Balance and use of space	Winter Balance , space and movement	Improving Catching	Improving Throwing	The Circus (gymnastic movement)	Improving Agility
Reception	Lesson 1	Balance and use of space	Running and stopping	Rolling and Throwing and catching	Movement to music	Improving throwing	Improving catching
Year 1	Lesson 1	Multiskills (CS)	Dance (GC)	HRE	Striking and Fielding	Dance (GC)	Athletics (CS)
Year 2	Lesson 1	Multiskills (CS)	Dance (GC)	Improving Balance (CS)	Improving Throwing and Catching	Dance (GC)	Athletics
	Lesson 2	HRE	Gymnastics	Improving Agility	Football	Multiskills	Orienteering
Year 3	Lesson 1	Dance (GC)	Gymnastics (CS)	Handball	Dance (GC)	Swimming	Swimming
	Lesson 2	Cricket	HRE	Hockey	Orienteering (CS)	Basketball	Athletics
Year 4	Lesson 1	Dance (GC)	Gymnastics (CS)	HRE	Dance (GC)	Swimming	Swimming
	Lesson 2	Cricket	Parkour	Orienteering	Handball (CS)	Tag Rugby	Athletics
Year 5	Lesson 1	Swimming	Swimming	Dance (GC)	Orienteering	Athletics (CS)	Dance (GC)
	Lesson 2	Cricket	Gymnastics	HRE	Handball	Rounders	Tag Rugby (CS)
Year 6	Lesson 1	Swimming	Swimming	Dance (GC)	Orienteering	Athletics (CS)	Dance (GC)
	Lesson 2	Cricket	Gymnastics	HRE (CS)	Handball	Tag Rugby	Rounders